



## Planning for a mentally healthy retirement

Visit the *Workplace Strategies for Mental Health*\* website to access the [Planning for a mentally healthy retirement](#) page. You will be encouraged to envision the relationships, purpose, recreation, and well-being you want in your life after you retire.

By reading through the content, you can reflect on your answers to the questions, such as:

- List the people you most want included in your life after retirement
- List activities you'd find enjoyable on your own
- Consider what daily routines you'd continue or start to maintain your physical health

\*Visit [clwsmh.com](https://clwsmh.com) to access *Workplace Strategies for Mental Health* free tools and resources